

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# BBQ Grilled Chicken Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30430
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.	152121
SAUCE BBQ 4-158Z KCMSTRPC	1 Tablespoon		754684
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	ready to eat	

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350 DEGREES F

PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL.

BAKE FOR APPROXIMATELY 16-20 MINUTES

Heat to 165 F for 15 seconds.

Transfer patties to a steam table pan and cover with BBQ sauce.

CCP: Hold for hot service at 135F or higher.

Serve 1 patty on a whole grain bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	35.50g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	28.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken & Ranch Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25891
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.167
<b>Grain</b>	3.583
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

### Amount Per Serving

<b>Calories</b>	631.77
<b>Fat</b>	35.00g
<b>SaturatedFat</b>	10.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	887.00mg
<b>Carbohydrates</b>	54.19g
<b>Fiber</b>	8.01g
<b>Sugar</b>	3.84g
<b>Protein</b>	28.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 196.67mg	<b>Iron</b> 4.67mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Bean Burrito w/ Mexican Rice



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS/WGRAIN 48-5.02Z	60 Each	<b>Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.</b> Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. Heat to an internal temperature of 160 deg. F. <b>Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used.</b> <b>Convection Oven: Preheat Oven to 300 deg. F.</b> <b>Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min.</b> <b>Conventional Oven: Preheat Oven to 300 deg. F.</b> <b>Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min.</b>	500391
SEASONING MIX MEX RICE 6- 11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. <b>CCP: Keep warm at 160F until serving.</b>	259541
RICE PARBL LONG GRAIN 6- 10 PRDCR	30 Cup		699181

## Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	643.10**
<b>Fat</b>	6.10g**
<b>SaturatedFat</b>	2.20g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	7.00mg**
<b>Sodium</b>	332.10mg**
<b>Carbohydrates</b>	119.00g**
<b>Fiber</b>	8.30g**
<b>Sugar</b>	3.00g**
<b>Protein</b>	25.00g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 170.12mg**	<b>Iron</b> 6.74mg**

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\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Boneless Buffalo Wing Basket



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	4 wings = 2oz meat/1 oz grain	561291
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	1 Each		512723

## Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.75mg		
<b>Sodium</b>	567.50mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.25g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	22.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	2.35mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28450
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	<b>BOIL KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC 120-1.4Z	64 Each		243681

## Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 7.44 oz (by weight) using a heaping #6 disher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.016
<b>Grain</b>	2.008
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.252
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	456.53		
<b>Fat</b>	24.13g		
<b>SaturatedFat</b>	8.25g		
<b>Trans Fat</b>	1.01g		
<b>Cholesterol</b>	54.44mg		
<b>Sodium</b>	825.89mg		
<b>Carbohydrates</b>	38.19g		
<b>Fiber</b>	4.53g		
<b>Sugar</b>	8.06g		
<b>Protein</b>	20.15g		
<b>Vitamin A</b>	717.94IU	<b>Vitamin C</b>	23.19mg
<b>Calcium</b>	55.44mg	<b>Iron</b>	4.10mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Edamame

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

CCP: Hold for hot service at 135F or higher.

Serve with a 4 oz spoodle.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	70.21		
<b>Fat</b>	3.54g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	79.83mg		
<b>Carbohydrates</b>	3.76g		
<b>Fiber</b>	2.42g		
<b>Sugar</b>	1.21g		
<b>Protein</b>	5.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.30mg	<b>Iron</b>	1.09mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Caesar Side Salad

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29647
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60- 1.5Z MARZ	50 Each		554758

## Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	240.32		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	550.00mg		
<b>Carbohydrates</b>	11.06g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	2.03g		
<b>Protein</b>	3.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.52mg	<b>Iron</b>	1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Biscuit Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34271
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	<b>DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.</b>	126962

## Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	265.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.00mg	<b>Iron</b> 2.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Falafel Pita Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35689

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FALAFEL BALL MED TOT 6-4 AMBN	8 Piece	KEEP FROZEN UNTIL READY TO PREPARE Optimal Performance: Defrost 1 hour before cooking DONT DEFROST OVERNIGHT IN REFRIGERATOR	587083
BREAD PITA 6 12-10CT OLYMPIA	2 Each	HEAT_AND_SERVE Thaw overnight in a cooler or in room temperature for about 30 minutes. Lightly oil each side then toast, grill, bake, or fry until warmed all the way through & golden brown.	244351
TOMATO RANDOM 2 25 MRKN	2 Slice		508616
CUCUMBER SELECT 4- 6CT MRKN	3 Slice		361510
SPRING MIX HERITAGE 4-3 RSS	2 Ounce		152222

## Preparation Instructions

### FALAFEL HEATING INSTRUCTIONS:

\*Combi Oven: Preheat oven to 410° F and 30% humidity. Bake for 7-9 minutes until internal temperature reaches 165° F.

\*Convection Oven: Preheat oven to 375° F.

Bake for 7-9 minutes until internal temperature reaches 165° F.

\*Conventional Oven: Preheat oven to 400°F.

Bake for 8-10 minutes until internal temperature reaches 165° F.

1. Bake falafel according to directions.

2. Arrange two pitas in a boat.
3. Place 2 oz spring mix in the bottom of each pita.
4. Place 2 slices of tomato and 3 slices cucumber along the side of each pita.
5. Place 4 falafel balls on top of the spring mix on each pita.
6. Drizzle cucumber yogurt sauce over the top or serve in a portion cup on the side.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.400
<b>OtherVeg</b>	0.188
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	621.09
<b>Fat</b>	13.18g
<b>SaturatedFat</b>	1.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1119.62mg
<b>Carbohydrates</b>	102.67g
<b>Fiber</b>	10.77g
<b>Sugar</b>	10.19g
<b>Protein</b>	22.36g
<b>Vitamin A</b> 610.00IU	<b>Vitamin C</b> 10.14mg
<b>Calcium</b> 294.59mg	<b>Iron</b> 8.26mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Cranberry Pecan Chicken Salad Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35687

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX CRAN PECN 2-5 GCHC	3/4 Cup		860595
Whole Grain Rich Sliced Bread	2 Slice		1290

## Preparation Instructions

Portion 3/4 cup onto a slice of bread and evenly spread out.  
Top with second piece of bread, slice, and arrange in triangle container.  
CCP: Hold at 35F for cold service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	527.89
<b>Fat</b>	43.25g
<b>SaturatedFat</b>	5.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	79.55mg
<b>Sodium</b>	954.55mg
<b>Carbohydrates</b>	12.27g
<b>Fiber</b>	2.34g
<b>Sugar</b>	9.16g
<b>Protein</b>	20.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.86mg	<b>Iron</b> 1.30mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Hot Ham and Cheese Sandwich (MS/HS)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22548

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
5" Split Top Whole Grain Hoagie Bun	1		3737

## Preparation Instructions

Lay sliced bread open-faced on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and place on top bun. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.190
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 267.00mg	<b>Iron</b> 1.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w/ Roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30421
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

## Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 5 nuggets and 1 roll together as an entree.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25912
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4- 5 LOL	1 Ounce		150250
84-2.6Z SALSA CUP REDG REDSC2Z	1	Optional, place for self service.	536690
SOUR CREAM PKT FF 100- 1Z LOL	1 Each	Optional, place for self service.	853190

## Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.

Serve with 1 bag Fritos.

3. Offer 1 salsa cup and 1 pkt sour cream.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.333
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	366.46
<b>Fat</b>	22.03g
<b>SaturatedFat</b>	8.64g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	51.45mg
<b>Sodium</b>	576.56mg
<b>Carbohydrates</b>	24.18g
<b>Fiber</b>	2.27g
<b>Sugar</b>	3.27g
<b>Protein</b>	18.09g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.72mg	<b>Iron</b> 1.45mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Mozzarella Sticks w/ marinara



<b>Servings:</b>	92.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35686

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	<b>BAKE</b> Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	92 Each	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	677721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	322.94
<b>Fat</b>	11.11g
<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.24g
<b>Cholesterol</b>	13.91mg
<b>Sodium</b>	701.96mg
<b>Carbohydrates</b>	37.83g
<b>Fiber</b>	2.78g
<b>Sugar</b>	7.74g
<b>Protein</b>	18.54g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 451.70mg	<b>Iron</b> 2.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Lemon-Roasted Asparagus

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35698

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL 11AVG MRKN	9 1/6 Pound		184290
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
LEMON FCY 9AVG	5 Each	Order lemons from Piazza for better pricing and smaller bag.	414743
PARSLEY CALIF CLND 4-1 RSS	4 Ounce		272396
SALT SEA 36Z TRDE	1 Teaspoon		748590

## Preparation Instructions

1. Wash lemons, then zest them onto a plate. Set aside. Slice lemons in half.
2. Preheat oven to 450F. Mix lemon zest and salt in a bowl.
3. Arrange asparagus on baking sheets and drizzle with olive oil, then sprinkle with zest + salt.
4. Roast until asparagus is tender and starting to color, 8-10 minutes.
5. Drizzle with lemon juice and serve 4 oz portions and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	68.82
<b>Fat</b>	1.15g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	128.17mg
<b>Carbohydrates</b>	14.14g
<b>Fiber</b>	6.28g
<b>Sugar</b>	2.93g
<b>Protein</b>	6.66g
<b>Vitamin A</b> 2663.29IU	<b>Vitamin C</b> 36.97mg
<b>Calcium</b> 80.64mg	<b>Iron</b> 2.88mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	60.69
<b>Fat</b>	1.01g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	113.03mg
<b>Carbohydrates</b>	12.47g
<b>Fiber</b>	5.54g
<b>Sugar</b>	2.59g
<b>Protein</b>	5.87g
<b>Vitamin A</b> 2348.62IU	<b>Vitamin C</b> 32.60mg
<b>Calcium</b> 71.11mg	<b>Iron</b> 2.54mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Yogurt & Granola

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31348

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	Ready to eat single serving	885750
GRANOLA BAG IW 144-1Z FLDSTN	5 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742

## Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	196.00
<b>Fat</b>	3.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	136.00mg
<b>Carbohydrates</b>	34.60g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.40g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.00mg	<b>Iron</b> 0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese on Hawaiian Roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34408

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Each		149052
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
Egg Patty	2 Each		110931

## Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the hawaiian rolls on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble egg patty onto a hawaiian roll and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	305.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	267.50mg		
<b>Sodium</b>	625.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.50g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	91.50mg	<b>Iron</b>	0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Fish w/ cornbread poppers

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30693
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499

## Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	375.67		
<b>Fat</b>	17.07g		
<b>SaturatedFat</b>	5.53g		
<b>Trans Fat</b>	0.09g		
<b>Cholesterol</b>	45.67mg		
<b>Sodium</b>	501.73mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	14.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.11mg	<b>Iron</b>	2.35mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# BLT Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28418
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Tablespoon	Spread mayo onto each shell.	429406
BACON TKY CKD 12-50CT JENNO	10 Slice	Lay 10 slices of bacon onto each shell.	834770
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Add shredded lettuce.	451730
TOMATO 6X6 LRG 10 MRKN	4 Slice	Layer with 3-4 sl of tomato. Roll tightly and cut in half.	199001
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	Serve with cheese stick.	786801
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701

## Preparation Instructions

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.400
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	625.35
<b>Fat</b>	26.61g
<b>SaturatedFat</b>	9.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.51mg
<b>Sodium</b>	1914.52mg
<b>Carbohydrates</b>	63.62g
<b>Fiber</b>	5.77g
<b>Sugar</b>	13.01g
<b>Protein</b>	33.15g
<b>Vitamin A</b> 1199.52IU	<b>Vitamin C</b> 19.73mg
<b>Calcium</b> 299.58mg	<b>Iron</b> 4.05mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tenders w/ Sweet Chili Doritos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Strips	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35700

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC 72- 1Z SSV DORIT	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

## Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.667
<b>Grain</b>	2.833
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Strips

### Amount Per Serving

<b>Calories</b>	476.67		
<b>Fat</b>	25.00g		
<b>SaturatedFat</b>	3.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	42.67g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.00mg	<b>Iron</b>	2.97mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Country Fried Steak w/ Roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27757
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Conventional oven: from frozen state, bake in a preheated oven at 350 degrees f for 14 minutes. Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
GRAVY MIX CNTRY 6-1.5 PION	1 Ounce	Add 1 quart tap water to 1 package of gravy mix until lump free. Pour this into 3 quarts boiling water. Bring back to a boil. CCP: Hold for hot service at 140°	455555
Whole Grain Rich Clustered Pan Rolls	1 roll	BAKE Toast to desired color	3920

## Preparation Instructions

Serve each steak with 1 oz. gravy and 1 each dinner roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	373.83		
<b>Fat</b>	18.63g		
<b>SaturatedFat</b>	5.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	700.43mg		
<b>Carbohydrates</b>	30.76g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	19.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.01mg	<b>Iron</b>	2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Cauliflower



<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30898

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE 2-3 RSS	24 Pound		732486
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup		191205
SAUCE HOT REDHOT 12-23FLZ FRNKS	2 Cup		557609
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup		864061

## Preparation Instructions

1. Preheat oven to 400F.
  2. Trim cauliflower if needed.
  3. Whisk together the butter, hot sauce, and lemon juice.
  4. Toss cauliflower in hot sauce mix until well coated.
  5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.
- CCP: Hold for hot service at 135F or higher.
- Serve with a 4 oz spoodle or a #8 scoop.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	31.06
<b>Fat</b>	1.10g
<b>SaturatedFat</b>	0.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	224.80mg
<b>Carbohydrates</b>	3.64g
<b>Fiber</b>	1.82g
<b>Sugar</b>	1.82g
<b>Protein</b>	1.82g
<b>Vitamin A</b> 200.03IU	<b>Vitamin C</b> 43.82mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.38mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Berry Spinach Side Salad

NO IMAGE

<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	10 Pound	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES.	329401
CHEESE FETA CRMBL 4-2.5 P/L	5 Pound		716685
STRAWBERRY 8 MRKN	8 Pound	Thoroughly wash and dry berries. Slice.	212768
DRESSING RASP VINAG FF 6-32Z KENS	2 Tablespoon		877910

## Preparation Instructions

1. Place spinach in a large bowl with sliced strawberries and feta cheese.
2. Toss to mix.
3. Portion 8 oz servings and keep chilled until time to serve.  
CCP: Keep in cold holding at 40 F until time to serve.
4. Immediately before serving, drizzle 2 oz Raspberry vinaigrette over the top of each salad.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Serving

### Amount Per Serving

<b>Calories</b>	44.41
<b>Fat</b>	1.89g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	76.37mg
<b>Carbohydrates</b>	5.81g
<b>Fiber</b>	2.82g
<b>Sugar</b>	2.48g
<b>Protein</b>	3.21g
<b>Vitamin A</b> 80.44IU	<b>Vitamin C</b> 26.67mg
<b>Calcium</b> 69.08mg	<b>Iron</b> 2.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti w/ Meat Sauce and garlic knot

NO IMAGE

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD LOAF GARL SVRY 12-20Z SIENNA	40 Slice		512602

## Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	528.93
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.93mg
<b>Sodium</b>	660.71mg
<b>Carbohydrates</b>	81.64g
<b>Fiber</b>	5.14g
<b>Sugar</b>	9.50g
<b>Protein</b>	28.07g
<b>Vitamin A</b> 693.21IU	<b>Vitamin C</b> 20.36mg
<b>Calcium</b> 57.14mg	<b>Iron</b> 5.84mg

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## Nutrition - Per 100g

<b>Calories</b>	466.44
<b>Fat</b>	7.94g
<b>SaturatedFat</b>	2.65g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.97mg
<b>Sodium</b>	582.65mg
<b>Carbohydrates</b>	72.00g
<b>Fiber</b>	4.54g
<b>Sugar</b>	8.38g
<b>Protein</b>	24.75g
<b>Vitamin A</b> 611.31IU	<b>Vitamin C</b> 17.95mg
<b>Calcium</b> 50.39mg	<b>Iron</b> 5.15mg

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# Ultimate Veggie Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35706

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA HNY WHEAT 12 6-12 GRSZ	1 Each		116701
SPRING MIX HERITAGE 4-3 RSS	1/2 Cup		152222
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
CUCUMBER SELECT 24CT MRKN	5 Slice		418439
TOMATO RANDOM 2 25 MRKN	4 Slice		508616
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	2 Ounce	<p>* TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. *</p> <p>STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.</p> <p>STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1 4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	147270

## Preparation Instructions

1. Lay tortilla out on flat surface.

2. Spread with 2T (1oz) Garlic Herb Cream Cheese.
3. Arrange all veggies on wrap and roll tightly like a burrito, tucking in each end as you roll.
4. Slice in half and wrap in cling wrap or place in a container.

CCP: Hold at 35F for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.244
<b>OtherVeg</b>	0.078
<b>Legumes</b>	1.515
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	656.11		
<b>Fat</b>	20.47g		
<b>SaturatedFat</b>	5.60g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	619.54mg		
<b>Carbohydrates</b>	83.12g		
<b>Fiber</b>	19.88g		
<b>Sugar</b>	20.04g		
<b>Protein</b>	36.34g		
<b>Vitamin A</b>	10727.69IU	<b>Vitamin C</b>	23.65mg
<b>Calcium</b>	279.06mg	<b>Iron</b>	9.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Fajitas with Rice



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
ONION SPANISH JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE SPANISH 6-36Z GCHC	1/2 Cup		834850

## Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
  2. Steam peppers and onions until just tender.
  3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.
- To serve:  
Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.190
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	654.89
<b>Fat</b>	13.21g
<b>SaturatedFat</b>	6.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.67mg
<b>Sodium</b>	1683.03mg
<b>Carbohydrates</b>	105.40g
<b>Fiber</b>	6.32g
<b>Sugar</b>	8.69g
<b>Protein</b>	32.77g
<b>Vitamin A</b> 760.98IU	<b>Vitamin C</b> 46.31mg
<b>Calcium</b> 219.26mg	<b>Iron</b> 5.79mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# FCS Grizzly Bowl



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33901
<b>School:</b>	FRANKLIN COMMUNITY MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	<b>RECONSTITUTE</b> 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
CORN CUT SUPER SWT 6-4 GCHC	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD 12-49Z HRTSTN	2 Quart	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Pound		191043
Whole Grain Dinner Roll	40 Each	Ready to eat	3920

# Preparation Instructions

## DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4 full steam table pan.
3. Layer the corn on top of the potatoes, 4#per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the scoop of potato/corn layer. Add a roll on the side when served.
7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.168
<b>Grain</b>	2.084
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.952

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	520.94
<b>Fat</b>	21.37g
<b>SaturatedFat</b>	5.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.68mg
<b>Sodium</b>	957.11mg
<b>Carbohydrates</b>	58.58g
<b>Fiber</b>	7.20g
<b>Sugar</b>	7.11g
<b>Protein</b>	22.72g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 166.81mg	<b>Iron</b> 3.14mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Mac & Cheese Bowl

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT DK MT FC 6-5 TYS	1 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

## Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.

CCP: Hold for hot service at 140° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	564.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	1661.01mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 616.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 413.00mg	<b>Iron</b> 2.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Roasted Broccoli



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.20		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.40mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.40mg	<b>Iron</b>	0.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes



<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

## Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	187.11		
<b>Fat</b>	3.25g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	699.16mg		
<b>Carbohydrates</b>	37.78g		
<b>Fiber</b>	2.22g		
<b>Sugar</b>	2.22g		
<b>Protein</b>	4.44g		
<b>Vitamin A</b>	70.00IU	<b>Vitamin C</b>	8.00mg
<b>Calcium</b>	44.44mg	<b>Iron</b>	0.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Buttery Corn

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chili & Tostitos

NO IMAGE

<b>Servings:</b>	82.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35744

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
SOUR CREAM PKT FF 100-1Z LOL	82 Each	READY_TO_EAT None	853190
CHIP TORTL RND R/F 64-1.45Z TOSTIT	82 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

## Preparation Instructions

### Chili Preparation

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Sere 6 oz of chili in a bowl with bag of Tostitos. Offer sour cream on side as optional.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.008
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.382
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	377.62
<b>Fat</b>	12.02g
<b>SaturatedFat</b>	2.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.13mg
<b>Sodium</b>	420.93mg
<b>Carbohydrates</b>	48.06g
<b>Fiber</b>	7.02g
<b>Sugar</b>	7.02g
<b>Protein</b>	18.05g
<b>Vitamin A</b> 1257.08IU	<b>Vitamin C</b> 19.08mg
<b>Calcium</b> 151.21mg	<b>Iron</b> 3.61mg

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## Nutrition - Per 100g

<b>Calories</b>	222.00
<b>Fat</b>	7.07g
<b>SaturatedFat</b>	1.59g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.30mg
<b>Sodium</b>	247.47mg
<b>Carbohydrates</b>	28.25g
<b>Fiber</b>	4.12g
<b>Sugar</b>	4.13g
<b>Protein</b>	10.61g
<b>Vitamin A</b> 739.04IU	<b>Vitamin C</b> 11.22mg
<b>Calcium</b> 88.89mg	<b>Iron</b> 2.12mg

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# Chicken Caesar Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35742

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 4/5 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING CAESAR REGAL 4- 1GAL PMLL	1/4 Cup	Portion 2 oz into a 2 oz souffle cup.	726079

## Preparation Instructions

1. Cook and cool chicken according to package instruction.
2. Place chicken in bowl and toss to coat with Caesar dressing.

3. Lay tortilla on prep table and sprinkle lettuce across it, then top with cooked fajita chicken and cheese.

4. Wrap like a burrito, folding in sides as you roll.

Serve with side of Caesar sauce.

CCP: Serve chilled at 41° or below for cold service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.867
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	661.44
<b>Fat</b>	45.53g
<b>SaturatedFat</b>	12.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	99.67mg
<b>Sodium</b>	1268.00mg
<b>Carbohydrates</b>	36.89g
<b>Fiber</b>	1.01g
<b>Sugar</b>	3.01g
<b>Protein</b>	27.94g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 321.57mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tenders w/ Doritos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	4 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain	533830
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Can also order Cool Ranch #541502	456090

## Preparation Instructions

1. Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
2. Assemble 4 strips a boat and serve with a bag of Doritos.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	5.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	570.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1000.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	42.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 3.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Beef Soft Taco w/ chips & salsa



<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30703

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

## Preparation Instructions

- Place bags of taco meat into a steam table pan. Steam.  
CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.
  - Cut open bags and pour into serving pans. Cover.  
CCP: Hold for hot service at 135F or higher.
- To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.430
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.620
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

### Amount Per Serving

<b>Calories</b>	405.50
<b>Fat</b>	16.90g
<b>SaturatedFat</b>	7.45g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	48.30mg
<b>Sodium</b>	747.12mg
<b>Carbohydrates</b>	38.25g
<b>Fiber</b>	5.88g
<b>Sugar</b>	5.88g
<b>Protein</b>	19.31g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 202.01mg	<b>Iron</b> 2.87mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	451.22
<b>Fat</b>	18.81g
<b>SaturatedFat</b>	8.29g
<b>Trans Fat</b>	0.30g
<b>Cholesterol</b>	53.75mg
<b>Sodium</b>	831.35mg
<b>Carbohydrates</b>	42.57g
<b>Fiber</b>	6.55g
<b>Sugar</b>	6.55g
<b>Protein</b>	21.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.79mg	<b>Iron</b> 3.19mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Roasted Cauliflower



<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30465

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

## Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	50.90		
<b>Fat</b>	4.58g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	130.20mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	24.10mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.21mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	44.89		
<b>Fat</b>	4.04g		
<b>SaturatedFat</b>	0.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	114.82mg		
<b>Carbohydrates</b>	1.76g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	21.25mg
<b>Calcium</b>	9.70mg	<b>Iron</b>	0.19mg

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# Brunch for Lunch Bowl

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35765

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222
EGG SCRMBD LIQ MIX 6-5 DEB EL	4 Ounce	2 oz scrambled eggs =1.25 oz Meat Alternate	616631
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	<b>GRILL</b> This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. <b>Flat Grill</b> Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each	BAKE	160090

## Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.429
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	697.14
<b>Fat</b>	23.11g
<b>SaturatedFat</b>	6.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	522.57mg
<b>Sodium</b>	876.57mg
<b>Carbohydrates</b>	80.43g
<b>Fiber</b>	4.00g
<b>Sugar</b>	38.43g
<b>Protein</b>	38.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 188.57mg	<b>Iron</b> 3.93mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cool Ranch Chicken Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30475

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service.	283951
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	2. Lay out tortillas.	882700
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon	3. Spread 2 T ranch dressing across each tortilla.	676210
TOMATO 6X6 LRG 10 MRKN	2 Slice	4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.	199001
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece	5. Place 1 piece of leaf lettuce on top of tomatoes.	702595

## Preparation Instructions

1. Bake and cool chicken.  
Conventional Oven: 8-10 minutes at 400°F from frozen.  
Convection Oven: 6-8 minutes at 375°F from frozen.  
CCP: Heat to a minimum temperature of 165F.  
Cool chicken completely.  
CCP: Hold cold, below 41 degrees, until ready for assembly and service.

2. Lay out tortillas.
3. Spread 2 T ranch dressing across each tortilla.
4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.
5. Place 1 piece of leaf lettuce on top of tomatoes.
6. Roll tightly.

CCP: Hold for cold service at 41F or lower.

Serve with a small ranch packet on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	558.78
<b>Fat</b>	32.11g
<b>SaturatedFat</b>	7.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	790.51mg
<b>Carbohydrates</b>	49.88g
<b>Fiber</b>	7.61g
<b>Sugar</b>	5.25g
<b>Protein</b>	20.46g
<b>Vitamin A</b> 708.08IU	<b>Vitamin C</b> 6.58mg
<b>Calcium</b> 87.12mg	<b>Iron</b> 4.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Sloppy Joe on Bun MS/HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27769
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

## Preparation Instructions

Use a # scoop for portioning the sloppy joe.  
CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.150
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	293.90
<b>Fat</b>	7.75g
<b>SaturatedFat</b>	2.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.64mg
<b>Sodium</b>	873.27mg
<b>Carbohydrates</b>	36.92g
<b>Fiber</b>	2.79g
<b>Sugar</b>	11.93g
<b>Protein</b>	19.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.75mg	<b>Iron</b> 3.79mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Basket (MS/HS)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35758

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	6 Piece	5 poppers = 2 meat/1 grain	536790
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce	3 oz by weight = a 4 oz serving	174251
CORNBREAD BITE WGRAIN 384-.51Z	3 Each		963499

## Preparation Instructions

1. Cook chicken, wedges, cornbread poppers according to package instructions.
2. Assemble 6 chicken pieces and 3 cornbread bites in a boat with potato wedges.

CCP: Hold at 135F or higher for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

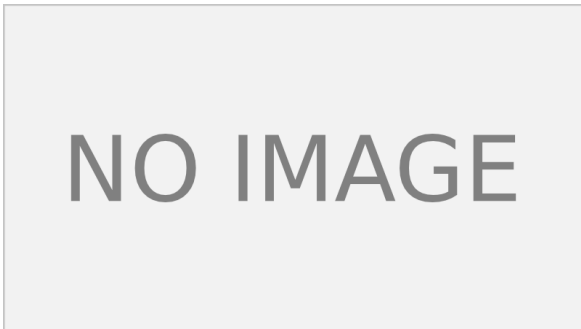
<b>Calories</b>	536.25
<b>Fat</b>	21.15g
<b>SaturatedFat</b>	5.70g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	71.00mg
<b>Sodium</b>	1037.80mg
<b>Carbohydrates</b>	60.90g
<b>Fiber</b>	5.80g
<b>Sugar</b>	4.50g
<b>Protein</b>	25.95g
<b>Vitamin A</b> 240.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.83mg	<b>Iron</b> 2.64mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Chicken w/ Broccoli and Veggie Fried Rice



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30718

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	COOK FROM FROZEN OR THAW UNDER REFRIGERATION BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. CCP: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE FOR 15 SEC OR MORE.	890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Cook from frozen. There are about 84 cups per case (14 per bag). Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
BROCCOLI CUTS 6-4 GCHC	4 Ounce		610871

## Preparation Instructions

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended.

CN Equivalency = 2 M/MA (Serving size = 2.85oz)

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

To assemble, place 1/2 cup rice in a bowl and top with #12 scoop of chicken, broccoli, and sauce.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.300
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	439.52
<b>Fat</b>	7.82g
<b>SaturatedFat</b>	1.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	837.28mg
<b>Carbohydrates</b>	66.60g
<b>Fiber</b>	7.40g
<b>Sugar</b>	11.60g
<b>Protein</b>	26.20g
<b>Vitamin A</b> 1174.62IU	<b>Vitamin C</b> 64.07mg
<b>Calcium</b> 83.62mg	<b>Iron</b> 2.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks w/ Marinara

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<b>Convection Oven</b> 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <b>CAUTION: FILLING MAY BE HOT!</b> 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <b>Thawing Instructions</b> 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	493.90
<b>Fat</b>	15.20g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	859.70mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Tikka Masala



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35796

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	3 Ounce	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
SAUCE TIKKA MASALA 2-4 MONSOON	6 Ounce	<p><b>SIMMER</b> Thaw in refrigerator or in cold water. Do not thaw in hot water to prevent yogurt from separating. Carefully remove bag from water and transfer contents to a pan. Cook to internal temperature of 165°F. Serve with chicken, seafood, meats or vegetables. Alternate cooking directions: Remove frozen product from bag and place in a hotel pan, cover, and cook in either a steamer or conventional oven until internal temperature reaches 165°F. Chicken Tikka Masala Recipe: Sauté 8 lbs. of boneless, skinless chicken pieces. Add 4 lbs. of sauce and cook until internal temperature reaches 165°F. Use to make other seafood and vegetable dishes.</p>	251322
RICE PARBL LONG GRAIN 6-10 PRDCR	1/2 Cup		699181
PARSLEY CALIF CLND 4-1 RSS	1 Ounce	Wash, dry, chop.	272396

# Preparation Instructions

Sauce: FOR BEST RESULTS, SLACK OUT THE PRODUCT THE DAY BEFORE USE. REMOVE THE PRODUCT FROM ITS CONTAINER AND PLACE IN A SAUCEPAN FOR HEATING.

1. Cook chicken according to package direction.
2. Heat sauce to according to package direction.
2. Toss chicken to coat with sauce.

CCP: Hold at 135F or higher for service.

3. Cook rice according to package direction.
4. In serving container, dish 1/2 cup rice in the bottom and top with 3oz sauced chicken mixture. Ladle 2 oz more sauce over the top.
5. Sprinkle 1 oz fresh chopped parsley over the top and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	610.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	1260.00mg
<b>Carbohydrates</b>	88.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	28.00g
<b>Vitamin A</b> 900.00IU	<b>Vitamin C</b> 7.20mg
<b>Calcium</b> 116.00mg	<b>Iron</b> 8.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Egg Salad Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35793

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich White/Wheat sliced bread	2 Slice		1290
SALAD EGG CAFE STYLE 2-5 GCHC	1/2 Cup		695210
TOMATO ROMA XL 25 MRKN	2 Slice	Order from Piazza #	108051
LETTUCE LEAF DELI 2-5 RSS	1 Slice	Order from Piazza #00483	416593

## Preparation Instructions

Lay bread on prep table and top with lettuce.

Add egg salad and spread evenly across top.

Add sliced tomatoes and top with second slice of bread.

Cut sandwich on the diagonal and place in a triangle sandwich container.

CCP: Hold at 35F or below.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	595.80		
<b>Fat</b>	42.91g		
<b>SaturatedFat</b>	7.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	439.39mg		
<b>Sodium</b>	644.28mg		
<b>Carbohydrates</b>	31.20g		
<b>Fiber</b>	2.17g		
<b>Sugar</b>	5.11g		
<b>Protein</b>	21.23g		
<b>Vitamin A</b>	606.06IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	72.94mg	<b>Iron</b>	9.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball Hoagie

NO IMAGE

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	30 Each		276142
CHEESE MOZZ SHRD 4-5 LOL	1 Pound		645170

## Preparation Instructions

1. Portion 5 meatballs in sauce onto the bun.
2. Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	417.70
<b>Fat</b>	15.79g
<b>SaturatedFat</b>	5.96g
<b>Trans Fat</b>	0.62g
<b>Cholesterol</b>	44.93mg
<b>Sodium</b>	648.79mg
<b>Carbohydrates</b>	46.03g
<b>Fiber</b>	4.75g
<b>Sugar</b>	13.48g
<b>Protein</b>	22.77g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 3.89mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Drumstick w/ mac & cheese



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35788

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce	<b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	119122
Whole Grain Dinner Roll	1 Piece	<b>READY_TO_EAT</b> Ready to eat	3920

## Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 6 oz =2 oz M/MA and 1 oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	615.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.38g
<b>Cholesterol</b>	93.75mg
<b>Sodium</b>	1760.00mg
<b>Carbohydrates</b>	55.50g
<b>Fiber</b>	3.50g
<b>Sugar</b>	8.75g
<b>Protein</b>	40.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 519.75mg	<b>Iron</b> 2.47mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Cheese Lasagna w/ garlic toast

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28409
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	2 3/4 Pound		108197
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4 4-5 GCHC	10 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
CHEESE PARM GRTD 12-1 PG	7 Ounce		164259
CHEESE MOZZ SHRD 4-5 LOL	3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
BREAD GARL TX TST SLC 120- 1.4Z	1 Each		243681

## Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.
  - layer with 9 noodles
  - layer with 2# cheese mixture
  - Layer another 2 1/4 C of sauce
  - repeat with noodles, cheese mixture, and sauce
  - layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
  - cover with plastic wrap and refrigerate overnight
- Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.  
 CCP: Heat to 160° or higher for 15 sec.  
 Remove from oven and allow to sit for at least 15 min. before serving.  
 CCP: Hold for hot service at 135° or higher.  
 Cut each pan 5 X 5 (25 portions per pan)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.290
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	284.68
<b>Fat</b>	9.30g
<b>SaturatedFat</b>	4.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.40mg
<b>Sodium</b>	500.60mg
<b>Carbohydrates</b>	34.14g
<b>Fiber</b>	2.96g
<b>Sugar</b>	11.32g
<b>Protein</b>	17.25g
<b>Vitamin A</b> 2.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 266.02mg	<b>Iron</b> 1.85mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli with Cheese



<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22620

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED POUCH 6-106Z LOL	1 Quart		135261

## Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.042
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	66.67
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	4.83g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.67g
<b>Protein</b>	4.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.83mg	<b>Iron</b> 0.67mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Carrots w/ pesto



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PESTO BASIL 2-30Z PG	1 Cup	READY_TO_EAT This versatile, ready-to-use sauce simplifies back-of-house prep and works across a variety of Italian dishes from salads to entrees to appetizers.	844761
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
CARROT STIX STRAIGHT CUT 2-5 RSS	10 Pound		576646
SALT SEA 36Z TRDE	1 Tablespoon		748590

## Preparation Instructions

1. Preheat the oven to 475.
2. Divide the carrots between 2 baking sheets. Add 1 tablespoon olive oil, 1 teaspoon salt and ¼ teaspoon pepper to each baking sheet and toss.
3. Roast, stirring once or twice, until the carrots are tender and browned around the edges, about 15 minutes.
4. Transfer the carrots to a large bowl. Add the pesto and toss well. Squeeze the lemon juice over the carrots and toss.
5. Portion into 4 oz servings and serve right away.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	86.44
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.50mg
<b>Sodium</b>	276.00mg
<b>Carbohydrates</b>	10.97g
<b>Fiber</b>	3.56g
<b>Sugar</b>	5.33g
<b>Protein</b>	1.29g
<b>Vitamin A</b> 19022.22IU	<b>Vitamin C</b> 6.93mg
<b>Calcium</b> 48.93mg	<b>Iron</b> 0.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	76.23
<b>Fat</b>	3.97g
<b>SaturatedFat</b>	0.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.44mg
<b>Sodium</b>	243.39mg
<b>Carbohydrates</b>	9.67g
<b>Fiber</b>	3.14g
<b>Sugar</b>	4.70g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 16774.73IU	<b>Vitamin C</b> 6.11mg
<b>Calcium</b> 43.15mg	<b>Iron</b> 0.37mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Baked Potato



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293

## Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	131.00
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.20mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.80g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.40g
<b>Vitamin A</b> 3.40IU	<b>Vitamin C</b> 33.50mg
<b>Calcium</b> 20.40mg	<b>Iron</b> 1.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Corn on the Cob



<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ear	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	96 Each		119385
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Pound	16 oz butter for 96 servings	191205
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

## Preparation Instructions

1. To steam corn: Place no more than 5 pounds of corn cobs in perforated steamtable pans. Steam them for 5 minutes. Place in solid steamtable pans for seasoning and service.

If using solid steamtable pans to steam the corn, drain the liquid from the pans prior to seasoning in step 2.

2. Melt the butter and combine it with the salt. Pour over the cooked corn.

3. Serve the corn immediately, or cover it and place in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion one small ear with tongs per serving.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Ear

### Amount Per Serving

<b>Calories</b>	106.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	75.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Egg Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22381
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Each	Recommended to cook from frozen, but can be thawed in a single layer on a covered sheet pan, in a cooler for 24 hours.	635671

## Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	125.00mg		
<b>Sodium</b>	285.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	1.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Mixed Fruit



<b>Servings:</b>	8.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	4 Cup		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

## Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	90.76		
<b>Fat</b>	0.38g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.15mg		
<b>Carbohydrates</b>	23.60g		
<b>Fiber</b>	2.58g		
<b>Sugar</b>	17.42g		
<b>Protein</b>	0.98g		
<b>Vitamin A</b>	145.24IU	<b>Vitamin C</b>	19.18mg
<b>Calcium</b>	25.35mg	<b>Iron</b>	0.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Fish Po' Boy Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35776

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sub Bun 6"	1 Each	READY_TO_EAT	3744
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	10 Each	BAKE COOKING INSTRUCTIONS: Cook from frozen state. CONVENTIONAL OVEN: Bake at 400°F for 15 - 16 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. FRYER: Deep fry at 360°F for 3 1 2 minutes	402655
TOMATO ROMA XL 25 MRKN	3 Slice	Can order tomatoes from Piazza	108051
PICKLE DILL SLCD HAMB 4-1GAL GCHC	4 Slice		149195
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/4 Cup		198226

## Preparation Instructions

1. Bake pollock according to package directions.  
CCP: Hold at 135 or higher for service.
2. While baking, make Remoulade sauce from coleslaw base. (Remoulade recipe.)
3. To assemble, open sub bun and arrange fish along the bottom bun.
4. Add tomato and pickle slices, then sprinkle with cabbage mix.
5. Drizzle Remoulade sauce along the top of the slaw and place top bun on.
6. Place sandwich in boat and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	4.125
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.042
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	436.67
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.75mg
<b>Sodium</b>	1085.83mg
<b>Carbohydrates</b>	58.33g
<b>Fiber</b>	5.83g
<b>Sugar</b>	7.75g
<b>Protein</b>	21.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.83mg	<b>Iron</b> 3.68mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Remoulade Sauce

NO IMAGE

<b>Servings:</b>	8.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226
RELISH DILL PICKLE FCY 4-1GAL GCHC	1/4 Cup		156248
SAUCE HORSERADISH PKT 200-12GM FLVRFR	4 Package		758141
SAUCE HOT 200-3GM PC PKT GCHC	6 Each		714590
JUICE LEMON 8-48FLZ RLLEM	1 Tablespoon	Can also use fresh lemon	864061
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Tablespoon		109843
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881

## Preparation Instructions

1. Start with coleslaw base.
2. To 1 cup mixed base add pickle relish, horseradish, hot sauce, lemon juice, worcestershire, and garlic powder. Season to taste with salt & pepper.
3. Mix well and chill.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	27.08		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	184.17mg		
<b>Carbohydrates</b>	1.92g		
<b>Fiber</b>	0.17g		
<b>Sugar</b>	0.75g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.17mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	47.77		
<b>Fat</b>	2.65g		
<b>SaturatedFat</b>	1.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.41mg		
<b>Sodium</b>	324.81mg		
<b>Carbohydrates</b>	3.38g		
<b>Fiber</b>	0.29g		
<b>Sugar</b>	1.32g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.17mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Crispy Chicken Bacon Ranch Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25897
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	3 Piece		533830
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
DRESSING RNCH DISPNSR PK 2-1.5GAL HNZ	2 Tablespoon		676210

## Preparation Instructions

1. Place frozen tenders on a lined sheet pan. Cook in a 350° oven for 8-12 minutes. CCP: Heat to a min. of 165°
  2. Heat bacon in a 350° oven for 1-2 minutes.
  3. Lay tortilla shells on a flat surface. Spread with ranch dressing.
  4. Top with 3 tenders, 2 slices turkey bacon, 2 Tbsp cheese, and 1/2 C lettuce..
  5. Roll tightly and cut in half.
- CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.536
<b>Grain</b>	5.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	699.11
<b>Fat</b>	40.60g
<b>SaturatedFat</b>	11.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.00mg
<b>Sodium</b>	1216.00mg
<b>Carbohydrates</b>	50.52g
<b>Fiber</b>	7.01g
<b>Sugar</b>	6.01g
<b>Protein</b>	40.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.67mg	<b>Iron</b> 4.47mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Cheesesteak Sandwich

NO IMAGE

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30697

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	10 Pound	Thaw under refrigeration. To Cook: CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES	710831
PEPPERS & ONION FLME RSTD 6-2.5	3 4/7 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
Whole Grain Sub Bun 6"	40 Each	READY_TO_EAT	3744

## Preparation Instructions

BEEF: A 4oz serving provides 2oz of M/MA.

There are 40- 40oz servings per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.015
<b>OtherVeg</b>	0.030
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	371.36
<b>Fat</b>	15.02g
<b>SaturatedFat</b>	5.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	1229.85mg
<b>Carbohydrates</b>	33.35g
<b>Fiber</b>	3.24g
<b>Sugar</b>	9.00g
<b>Protein</b>	22.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.38mg	<b>Iron</b> 3.29mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Biscuits & Sausage Gravy



<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5# COMM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	25 Each	USE #685000 right now while we are experiencing supply chain issues!	126962

## Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 1 sausage patty.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. \*FOR BEST RESULTS, DO NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	426.08
<b>Fat</b>	27.51g
<b>SaturatedFat</b>	11.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.43mg
<b>Sodium</b>	795.02mg
<b>Carbohydrates</b>	27.17g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.69g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 68.54mg	<b>Iron</b> 9.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon-Roasted Butternut Squash



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30938

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh 1/2" diced butternut squash	10 Pound		02081
SUGAR BROWN LT 12-2 P/L	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Cup		842061
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723

## Preparation Instructions

1. Spread butternut squash evenly across sheet pans in an even layer.
  2. Mix brown sugar, sugar, and cinnamon in a large baggie or a bowl.
  3. Sprinkle seasoning blend evenly across the top of squash.
  3. Roast at 375F for about 20-30 minutes of until fork-tender and starting to brown.
- CCP: Hold at 135F or higher for hot service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	106.41
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.80mg
<b>Carbohydrates</b>	28.30g
<b>Fiber</b>	1.40g
<b>Sugar</b>	21.60g
<b>Protein</b>	0.70g
<b>Vitamin A</b> 7400.00IU	<b>Vitamin C</b> 14.50mg
<b>Calcium</b> 33.00mg	<b>Iron</b> 0.49mg

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## Nutrition - Per 100g

<b>Calories</b>	93.84
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.47mg
<b>Carbohydrates</b>	24.96g
<b>Fiber</b>	1.23g
<b>Sugar</b>	19.05g
<b>Protein</b>	0.62g
<b>Vitamin A</b> 6525.68IU	<b>Vitamin C</b> 12.79mg
<b>Calcium</b> 29.10mg	<b>Iron</b> 0.43mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes